

# Riding for Different Reasons

## Bicycle Commuting

Try bicycle commuting! It's efficient, enjoyable, economical, healthy, and it's good for the environment. It's everything transportation should be! The State of Colorado, as well as many local Colorado governments and employers, promote bicycling as a practical form of transportation. Many people already bicycle for recreation, but use a car to get to work, school, errands, and other short trips. This guide illustrates how you can break the automotive habit and experience the joy, freedom, and cost savings of everyday bicycling.



## YOUR PERSONAL GUIDE TO COMMUTING

This section provides ideas to help you develop your own personal bicycle transportation style. You may not believe it now, but once you are in the habit of making bicycling your first transportation choice, it will seem inconvenient to use your car!



**TIP** Never wear headphones when cycling – they block other sounds you need to hear.

## USING YOUR BICYCLE FOR SHORT TRIPS REWARDS YOU IN MANY WAYS:

- Bicycling lets you enjoy your natural surroundings, unlike car driving which isolates you from your environment.
- Bicycling is an inexpensive way to make your time and destination your own.
- A brisk or relaxing bicycle ride home after work is a great way to relieve stress.
- Cycling for short trips often saves you time.
- Bicycling is an easy way to include fitness in your daily routine.
- Bicycling is friendly to the environment, which benefits you and everyone else.
- Bicycling gives you a sense of accomplishment.
- With appropriate accessories, most bikes can tote up to 100 extra pounds, including small passengers, which makes the bicycle ideal for trips to the laundromat, library, movies, store, and for vacations.
- It's fun!

## Your New Routine

Letting go of the car keys is a hard habit to break, but it's worth the challenge. The more you bicycle, the easier it becomes. Initially, don't overwhelm yourself. If things don't quite work out one day, take a break and think about how you could do it differently. Make adjustments as you go until you learn to do it well.

To bicycle regularly, some changes in your household and personal routine may be necessary. For instance, if you usually keep your bicycle in the basement, you may need to find a more convenient place to store it. If you are bicycling to work, you may find you have to get up a little earlier to organize, or spend some time organizing before you go to bed. Grabbing your bicycle instead of the car keys will soon become second nature. Be patient with yourself and don't give up. It will come together!

### ROUTE SELECTION

Route selection is one of the most important factors in determining whether you will have a pleasant cycling experience. Pick a route which you are comfortable riding. Your community may have a bicycle map and/or designated bike routes. Choose routes with low traffic, nice scenery, interesting neighborhoods, and which are compatible to your fitness level. This will increase your chances of having a pleasant experience. If you find that the route you chose the first time was not to your satisfaction, don't be discouraged. Ask a bike shop employee or other cyclist familiar with the area for advice.

### BIKE TRIPS, SHORT & LONG

Bicycle trips of five miles or less can be efficient, practical and often as fast or faster than car trips. Start out with short rides to the post office or grocery store – rides that are 10 to 15 minutes from your house. Add distance and time as you become more confident and comfortable.



## Combine Different Modes of Transportation

### BIKE/TRANSIT TRIPS

- Bicycle to the bus stop, station, or park-n-ride, lock your bike, and ride transit to your destination. Bike racks and lockers are generally available at park-n-rides.
- Take your bicycle on the bus or light rail with you. Most transit agencies have bike racks on their buses, or allow bikes in the cargo hold or inside. For schedules and information regarding taking your bike on the bus, or light rail, consult the transit agency servicing the town(s) in which you wish to ride.

### BIKE/CAR TRIPS

- Drive to the edge of town or within a comfortable cycling distance. Then bicycle the rest of the way to work or from errand to errand.
- Carpool with others and have them drop you off at a distance which you can bicycle.
- Drive with your bicycle one way, leave the car, and bicycle in the other direction. Reverse the order the next day.